

From: "Teach a Kid to Fish" <info@teachakidtofish.org>
Subject: Teach a Kid to Fish June Newsletter
Date: June 16, 2011 11:02:31 AM CDT
To: rhelweg@neb.rr.com

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USDA Unveils MyPlate

This past month, the U.S. Department of Agriculture introduced their new MyPlate icon, emphasizing the fruit, vegetable, grains, protein, and dairy food groups. MyPlate will replace the MyPyramid image as the government's primary food group symbol as an easy-to-understand visual cue to help consumers adopt healthy eating habits consistent with the *2010 Dietary Guidelines for Americans*.

MyPlate is a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to www.ChooseMyPlate.gov. The new *MyPlate* icon emphasizes the fruit, vegetable, grains, protein and dairy food groups.



"This is a quick, simple reminder for all of us to be more mindful of the foods that we're eating and as a mom, I can already tell how much this is going to help parents across the country," said First Lady Michelle Obama. "When mom or dad comes home from a long day of work, we're already asked to be a chef, a referee, a cleaning crew. So it's tough to be a nutritionist, too. But we do have time to take a look at our kids' plates. As long as they're half full of fruits and vegetables, and paired with lean proteins, whole grains and low-fat dairy, we're golden. That's how easy it is."

"With so many food options available to consumers, it is often difficult to determine the best foods to put on our plates when building a healthy meal," said Secretary Vilsack. "*MyPlate* is an uncomplicated symbol to help remind people to think about their food choices in order to lead healthier lifestyles. This effort is about more than just giving information, it is a matter of making people understand there are options and practical ways to apply them to their daily lives."

Originally identified in the Child Obesity Task Force report which noted that simple, actionable advice for consumers is needed, *MyPlate* will replace the *MyPyramid* image as the government's primary food group symbol as an easy-to-understand visual cue to help consumers adopt healthy eating habits consistent with the *2010 Dietary Guidelines for Americans*. *MyPyramid* will remain available to interested health professionals and nutrition educators in a special section of the new website.

ChooseMyPlate.gov provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information. As Americans are experiencing epidemic rates of overweight and obesity, the online resources and tools can empower people to make healthier food choices for themselves, their families, and their children. Later this year, USDA will

unveil an exciting “go-to” online tool that consumers can use to personalize and manage their dietary and physical activity choices.

The *2010 Dietary Guidelines for Americans*, launched in January of this year, form the basis of the federal government’s nutrition education programs, federal nutrition assistance programs, and dietary advice provided by health and nutrition professionals. The *Guidelines* messages include:

Balance Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

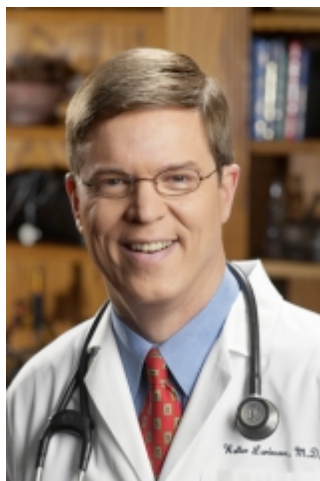
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains

Foods to Reduce

- Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers.
- Drink water instead of sugary drinks.

To learn more about MyPlate, visit www.choosemyplate.gov.

Additional resources include: www.DietaryGuidelines.gov and www.LetsMove.gov.



Dr. Walt in Lincoln

Dr. Walt Larimore spoke to a group of about 50 at Bryan/LGH in a program sponsored by Teach a Kid to Fish, Partnership for a Healthy Lincoln, and Lincoln/Lancaster County Medical Society. Dr. Walt spoke to those assembled about the local epidemic of childhood obesity, the epidemic’s effect on families and society-at-large, and what we, as a community, might be able to do to reverse this trend.

In his remarks, Dr. Walt stressed the importance of the family as a major factor in reversing the upward trend of childhood obesity. HE stated that the first step in addressing the problem for a family is that the family must first realize that the problem exists. Beyond that, important factors are family meal time, reducing screen time (TV, video gaming, and other electronic device time), and making sure children get enough sleep. Dr. Walt acknowledged that the epidemic of childhood obesity might well be the defining health issue of the 21st century and curbing it is a monumental task. The hope of doing so, he said, starts at home.

Dr. Larimore is one of America’s best-known family physicians and is listed in the *Best Doctors in America*, *Who’s Who in Medicine and Healthcare*, and the *International Health Professionals of the Year*.

Dr. Larimore is a frequent guest about family health topics on a wide variety of television and radio programs and has appeared on *The Today Show*, CBS’s *Morning Show*, several Fox News programs, and CNN’s *Anderson Cooper 360*. Dr. Larimore has written or edited over twenty books and over 600 articles in a variety of medical journals and lay magazines. His best-selling books include [Bryson City Tales](#), [Bryson City Seasons](#), and [Alternative Medicine: The Christian Handbook](#).

For more about Dr. Walt Larimore, go to <http://www.drwalt.com/>

Community Resource - SafeKids

The mission of the Lincoln-Lancaster County SAFE KIDS Coalition is to prevent the number one killer of children 14 years of age and under – accidental injury. The Lincoln-Lancaster County SAFE KIDS Coalition is part of a broader coalition, Safe Kids USA.

Safe Kids USA is a nationwide network of organizations working to prevent unintentional childhood injury, the leading cause of death and disability for children ages 1 to 14.

Safe Kids educate families, provide safety devices to families in need and advocate for better laws to help keep children safe, healthy and out of the emergency room.



Coalition Network

More than 600 coalitions and chapters in all 50 states bring together health and safety experts, educators, corporations, foundations, governments and volunteers to educate and protect families.

Safe Kids USA members:

- Teach families about child injury risks and prevention
- Encourage and conduct research on leading injury risks
- Evaluate solutions for injury risks
- Work to pass and improve child safety laws and regulations
- Provide lifesaving devices such as child safety seats, helmets and smoke alarms to families who need them
- Promote corporate leadership in child safety through effective and sustainable partnerships

Safe Kids USA is a member of [Safe Kids Worldwide](#), a global network of organizations with a mission of preventing unintentional childhood injury.

Safe Kids Worldwide was founded in 1987 as the National SAFE KIDS Campaign by [Children's National Medical Center](#) with support from Johnson & Johnson. Safe Kids Worldwide is a 501(c)(3) non-profit organization located in Washington, D.C.

For more information:

Safe Kids Lincoln-Lancaster County

Brian Baker, Co-Chair
402-441-8046
bbaker@lincoln.ne.gov

Susan Epps, Co-Chair
402-483-9508
eppssu@usa.redcross.org

Lincoln-Lancaster County Health Department
3140 N Street
Lincoln, NE 68510
<http://www.lincoln.ne.gov/city/health/educat/safekids/>



Annual Malone Community Center Juneteenth Celebration

Date: June 18, 2011

Time: 11 a.m. to 5 p.m.

Where: Pentzer Park
27th & Potter Street

Since its inception in 1979, the annual Malone Community Center Juneteenth Celebration has become a Lincoln Tradition and a real asset for city-wide community engagement. Last year Juneteenth drew a

record attendance of over 2500, as a one-day event. Attendees will enjoy live music, a health fair, kids corner, free food and much more, all free to the public.

Juneteenth, or June 19, 1865 is considered the date the last slaves in America were freed. Although the rumors of the freedom were widespread prior to this, the actual emancipation did not come until General Gordon Granger sailed into Galveston Harbor, Texas and issued General Order No.3, on June 19, almost two and a half years after President Abraham Lincoln signed the Emancipation Proclamation, which had become official January 1, 1863.

This was 2 months after the surrender of Robert E. Lee in Appomattox, Virginia, ending the Civil War. One of General Granger's first orders of business was to read to the people of Texas, General Order Number 3, which began most significantly with: The people of Texas are informed that in accordance with a Proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and free laborer.

The mission of the Clyde Malone Community Center is to strengthen the Lincoln community by serving as a cornerstone for educational, cultural, and advocacy programs.

The vision of the Clyde Malone Community Center is to create a community where every person develops to their full potential.

The Clyde Malone Community Center was founded in 1955 through a reorganization of the Lincoln Urban League. The League founders were determined to improve social and economic conditions and increase understanding between all races.

The Centers' values are accountability, diversity, collaboration and excellence.

Address

[2032 U Street, Lincoln, NE 68503](#)

Phone

(402) 474.1110

Website

<http://www.malonecenter.org>

<http://twitter.com/Malonecenter>

2011 Foster Healthy Weight in Youth Webinar Series

In 2011, the Nebraska Medical Association's Childhood Obesity Prevention Project, in collaboration with the Nebraska Department of Health and Human Services, Creighton University School of Medicine, and Teach a Kid to Fish, is hosting the "Foster Healthy Weight in Youth Webinar Series." Specifically, the series consists of six webinars throughout 2011, focusing on the comorbidities of childhood obesity. All webinars are held live from noon – 1:00 p.m. CST and offer 1 hour of FREE CME for physicians, physician assistants, nurse practitioners, nurses, and dietitians. The webinars are then offered as an encore for two years on the NMA's COPP website at www.nebmed.org/copp.aspx.

The fourth webinar in the series will be held on July 12, 2011 from noon-1:00 p.m. CST. Tami Dolphens, PA-C from the UNMC's Children's Hospital and Medical Center, Pediatric Cardiology Clinic will present, "Preventive Cardiology: Understanding Hypercholesterolemia and Hypertension in Children."

The encores of the previous webinars in the series are now available online at www.nebmed.org/copp.aspx. All encore webinars still offer 1 hour for FREE CME for the providers listed above. Previous webinars include:

- "Associated Comorbidities of Childhood Obesity" by Dr. Sandra Hassink – January 2011
- "Non-Alcoholic Fatty Liver Disease in Children" by Dr. Ruben Quiros – March 2011
- "Pay Now AND Pay Later: The Impact of Childhood Obesity on Bones, Joints, and Muscles" by Dr. Paul Esposito - May 2011



Tentative dates for the remaining webinars are as follows:

September 21, 2011

November 16, 2011

Watch the NMA's STAT e-news or the check the website for updates. To find out more information about the project, please visit www.nebmed.org/copp.aspx. If you would like to be added to the mailing list for COPP updates and details about the upcoming webinar series, please contact Tami Frank at tamif@nebmed.org or 402-474-4472.

Teach a Kid to Fish

3140 N Street Room 2149 | Lincoln, NE 68510

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Got this as a forward? [Sign up](#) to receive our future emails.